

**RULES AND REGULATIONS FOR
SPORTS PHYSICALS AT EISENHOWER MIDDLE
SCHOOL
APRIL 21, 2009**

Sports physicals are to be performed at the student's medical home. A sport physical is only valid for 365 days and must be current at the first day of practice. It is the responsibility of the parents/guardians to make sure that their child's physical is valid and current before the start of a sport. Please note that depending on the date a physical was performed, a student may be eligible for one or two sports seasons and then become ineligible during the course of the school year. Eligibility is directly associated with the date of the physical, not prior sports participation. This means that just because a child was cleared for a Fall Sport, does not automatically clear him or her for another season. Physical clearance is strictly governed by the official deadlines for submission of Sports Participation Forms.

ALL FORMS ARE TO BE RETURNED TO THE

EMS HEALTH OFFICE BY THESE DATES:

Fall Sports July 25th

Winter Sports October 25th

Spring Sports February 10th

Fall Cheerleading Tryouts May 1st

May 1st (This applies to grade 8 students entering grade 9 in the fall)

There are **NO EXCEPTIONS** to these deadlines. Failure to submit completed and valid physicals forms by these dates will result in non-participation by a student.

- ✚ A three-week cushion period has been built into these dates in order to provide sufficient time to resolve problems with incomplete forms submitted by the deadline. Parents/Students/Physicians MUST follow the instructions on the Checklist provided in the packet to expedite the sports form clearance process. Failure to do so may result in a delay of a student's clearance.
- ✚ As part of the clearance process for each season, a Health History Questionnaire (Part A of the Athletic Pre-Participation Physical Form) and an Emergency Form must be submitted by every athlete within sixty days of the start of practice whether it is a recheck or new physical.
- ✚ Cheerleading: Cheerleading will be expected to submit paper work three times a year. May tryouts, Fall Cheerleading and Winter Cheerleading will be considered separate and distinct "seasons". Sport forms submission rules will apply.
- ✚ Every year a student must complete both a NJSIAA Steroid Testing Policy Consent to Random Testing Form and a Athletic Training and Procedures Form. If an injury or illness has occurred since the last season that required a student to be out of a Physical Education class or a sport, a note of clearance from a New Jersey Licensed Physician must be presented in order for a pupil to begin practice.

- ✦ The School Physician will review forms at **EMS** for three consecutive weeks at the start of each season beginning with the week of the submission deadline. (Previously noted)
- ✦ Parents will be notified by mail that their child has been medically cleared for participation in sports or band. Note: A parent will not be notified if the forms submitted are “recheck” physical forms.
- ✦ Sports Participation forms will be reviewed each season by the Assistant Principal in Charge of Athletics to make sure that the student is in good academic standing. (Please refer to the student handbook for academic eligibility requirements). If deemed ineligible by the Assistant Principal in Charge of Athletics, the student and parent may appeal the eligibility to the high school principal.
- ✦ ***Due to the volume of forms submitted each season, individual medical insurance issues will not be considered.***
- ✦ If you cannot get a physical at the student's medical home, you may make an appointment at the School Physician (Medical Care Associates) at their office. Insurance information will need to be presented to the School Physician. If you are unable to do so, The Roxbury Board of Education will pay for sport physicals for uninsured students, as a one time only courtesy, with permission from the EMS School Health Office.

Parents/Guardians will be monetarily responsible for all other physicals regardless of personal insurance issues.

- ✚ If the Sports physical is performed at the School Physicians Office, the School Physician may sign the form and clear the student at the time of the physical. All Physical Exams performed at other medical homes must be cleared by the School Physician when he comes to Roxbury High School for that purpose.
- ✚ Students who are on a medical waiver when a sport /activity starts will be allowed to participate after the start of the season only when cleared by a New Jersey Licensed Physician. Please note forms must be handed in by the appropriate due date. The student will be officially cleared once the proper medical clearance is received in the Health Office.

This information will be available in Student Handbooks as well as on the roxbury.org website.

Responsibilities of the Coaches

- ❑ Coaches will not be permitted to recruit new team members after the physical deadline. If there are not enough team members for their team, they will have to collaborate with the Assistant Principal for Athletics.
- ❑ A list of “incomplete students”, who signed up for their team will be generated by the Health Office and given to the coaches in their mailbox in the Athletic Office after the deadline.
- ❑ It is the coach’s responsibility to contact prospective team members if the physical forms submitted by student athletes are incomplete or missing.
- ❑ Rosters of team members will be generated following the first visit by the School Physician to review forms. Updates will be generated after each subsequent School Physician visit.
- ❑ A list of academically ineligible students will be given to each coach before the start of the sport activity season.
- ❑ It is the coach’s responsibility to check his/her mailbox frequently to collect signed emergency forms so that students are not prevented from participating.

